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## **Claims**

1-A nutrient holding device for treating and/or preventing physical problems associated with postural disequilibrium which consists of an article adapted to contact the body, said article incorporating a waterproof enclosure containing at least one nutritional supplement, whereby this nutrient material is only separated from the surface of the body by the thin covering of said nutrient holding device.

2-A nutrient holding device according to claim 1 wherein said device is a locket worn around the neck to lie on the chest or solar plexus.

3-A nutrient holding device according to claim 1 wherein said device is a band in the circumference of a hat.

4-A nutrient holding device according to claim 1 where said device is a pedal device which may be an inner sole consisting of two semi-rigid fabric layers bonded together around a waterproof housing containing the active principle (nutrients, metabolites).

5-A nutrient holding device according to claim 1 where in said device is a belt, where the nutrients are held in a waterproof plastic insert between two pieces of leather. Thereby, the active principle is held

next to the subject's waist whose posture is improved while wearing said device.

6- A nutrient holding device according to claim 1 where the device is an article of jewelry, which is, hollow and contains an active principle.

- 7- A nutrient holding device according to claim 1 where the active principle is put into a hollow fiber and woven into clothing thereby affording the envisioned therapeutic effect while wearing said clothing.
- 8- A nutrient holding device according to claim 1, where in said nutrient is in the form of a solid, powder, gel, or liquid.
- 9-A nutrient holding device according to claim 2 where said device is incorporated into furniture (i.e. mattresses and chairs) so that the envisioned therapeutic effect can be provided while resting.
- 10- A nutrient holding device according to claim 2 where the active principle is three tablespoons of blue-green algae powder.
- 11- A nutrient holding device according to claim (1) where the active principle if 1 tablespoon of Ultra-Preventive III, 1 tablespoon of Immuno-forte, and 1 tablespoon of blue-green algae.

12- A nutrient holding device according to claim 2 where the active principle consists of 3 tablespoons of Ultra-Preventive III Powder.

13- A nutrient holding device according to claim1 where in said nutrients are selected from vitamins, minerals, blue-green algae, protomorphagens, glandulars, amino acids, herbs, enzymes, and derivations thereof.

14- A treatment or preventive method according to claim1 for the physical troubles associated with structural disequilibrium which comprises placing nutrient holding device on the person in need of correction, the active principle will then stimulate propricceptive reflex zones located at the proximity of placement of said devices, resulting in increased muscle tone and corrected posturé. Thus, by wearing said device, the envisioned therapeutic effect can be afforded continually

15-The method according to claim 14 where placement of the device occurs at the circumference of the head, the chest, the solar plexus, the umbilicus, the right and left shoulder, the lower back and the sole of the feet.

16- The method according to claim 1 where placement of the device is at the proximity of clothing that the active principle has been incorporated into the weave thereof.

17- A nutrient holding device in the form of vetenary apparel according to claim 1 where the envisioned therapeutic effect is afforded to animals by having the animals wear the active principal next to their epidermis. (i.e. horse blanket)

18. A method of improving muscle strength and endurance while conducting physical activities (exercise) by wearing the nutrient holding device during such activities.

19- A nutrient holding device that is a hollow metal or ceramic is a hollow metal or ceramic ball or chamber that is waterproof and being of a small diameter that it can be mixed with dental cement or amalgam to be used to fill a cavity, thus becoming a proprioceptive stimulating implant by stimulating the rich proprioceptive nerve endings of the jaw.